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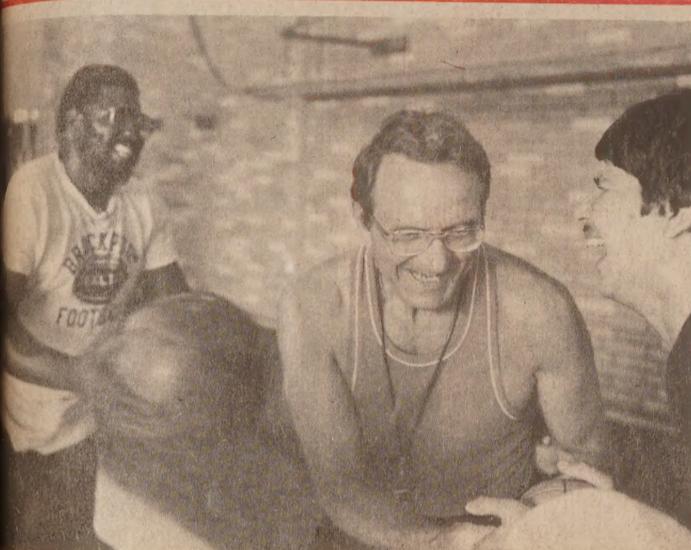
# TIMES JOURNAL

Serving Albany - El Cerrito - Kensington - Thousand Oaks

ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, SEPTEMBER 1, 1982

★ NO. 68

VOLUME 3



—Times Journal photo by Chris Gilbert

Willie Callen (left), Instructor Richard Russo and Hesham Kamel play with the medicine ball

Even if you are blind,  
you can still play games

center encourages exercise

By KEITH EASTHOUSE

LBANY — For the adults living in the state-operated Orientation Center here, physical exercise is a way of life. Every day for an hour, the 26 residents of the residential center can stretch, lift weights or ride the back seat of a tandem bicycle in an effort to keep their bodies from going soft.

"The blind have a tendency to sedentary lives," said Richard Russo, one of four gym teachers at the center. "This is especially true of those who have been blind from birth."

Russo, 62, said that a special bond often has to be made to keep the blind active, since as children they are often discouraged from exercise.

Those blind people who are mainstreamed in public schools are often neglected in gym classes," said Russo, who has been at the center for 20 years.

A gym teacher might tell the blind guy that "hey, we're busy,

you can go play check-

That's definitely not the practice at the Orientation Center,

where students participate in such

team sports as baseball, basket-

ball and tug-of-war. In the past,

they have even tried their hand at

The center — the only one of its kind in the state — focuses on helping blind people to live as independently and normally as possible. Designed for the newly blind, the center has, besides classes in which residents are taught to cook, sew, learn skills, use power tools and business machines, and manage their financial and legal affairs. Additionally, much time is devoted to developing mobility and a sense of orientation.

The students, who are all le-

veling blind, range in age from 17 to 66. Living at the center for six months, the students go on to college or into work. Russo said a number of former residents have established or pursued careers in such fields as psychology and law.

No matter what they go on to do, however, it's certain that

they will get their share of exercise.



Charles Pruitt and Randy Shreffler in a fierce tug-of-war

weight machine, the gym contains a heavy punching bag, a speed bag, a rowing machine, a treadmill, three stationary bikes, a tandem bicycle, rope pulleys, barbells, dumbbells, a basketball hoop and an exercise mat.

A typical class for men begins with a 15-minute warm-up period during which the students are free to work with whatever equipment they choose. Those who want to can then take a ride with Russo on a tandem bicycle. This is followed by bouncing a basketball to one another, which Russo said helps improve the blind person's spatial sense. The class ends with

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In addition to a universal



EL CERRITO — After months of preparation and

very exhaustive and careful deliberation, the City Council, on July 9, 1982, adopted the final budget for fiscal year 1982-83. The annual financial plan calls for total expenditures of \$5,808,582. It is by far the leanest of any El Cerrito budget in recent history. And this was made necessary by the sagging economy and substantial revenue losses caused by the state taking away more revenue sources from local governments.

Because of these massive revenue reductions, rather

severe expenditure cuts had to be made to an already trim

municipal service program to preserve our financial integrity. Unfortunately, these cutbacks will mean a loss of very

needed popular and valuable city programs, as well as a

reduction in the level of service in many areas.

The most significant reason for the many cutbacks is that the state government, in balancing its budget, removed \$442,000 of subvention funds (vehicle-in-lieu funds) effective July. Last year, this process resulted in a \$300,000 revenue loss to the city. There is a very real possibility that all remaining state subventions (business inventory taxes and cigarette taxes) will also be eliminated by the state in July 1983. If this occurs, it will mean another \$200,000 revenue loss to the city. When coupled with the present revenue reductions, these losses could place the city's financial stability in jeopardy and spell disaster for even the smallest and essential services provided

council member Edward McManus. "He did not do that."

Last week, Simmons also was directed by the council to order the city's police reserve officers to assist with the street closure. They were to be supplemented with as many regular duty officers as the chief felt were necessary, subject to the \$1,000 limit on expenditures.

But in his response to the council, Simmons wrote that he will ask members of the usually volunteer police

reserve to serve as a paid detail. A similar practice was followed for last year's Stroll, he wrote.

Regular officers also will be asked to volunteer for the detail, on a time-and-a-half for overtime basis.

Officers from the regular shift will not be specifically assigned to the affair, as the council had requested, but

Simmons wrote that they will be available in the case of emergencies.

"I was very surprised to read that the voluntary reserves were being asked to appear as a paid detail," said Mayor Ruth Ganong. "It was my un-

Mateo Bridge, would require major permits including several from the Bay Conservation and Development Commission.

Despite the problems faced by Hayward in its bid to woo the track, Ganong said she knows the offer is a serious one. Hayward's City Council has the item scheduled for its agenda Sept. 7.

Of the track itself, Ganong said, "I don't know why they would want to move. They just spent quite a bit of money on improvements."

Some reports say the move would be as soon as 1983. However, the track lease at its present site in Albany runs through 1997.

(Continued on Page 4)

## Around city hall

El Cerrito is faced  
with a lean budget

By JEAN SIRI  
Mayor



—Times Journal photo by Chris Gilbert

El Cerrito Mayor Jean Siri

The final budget adopted by Council responds to the immediate revenue losses to the city; and it includes expenditure reductions proposed in the preliminary budget

(Continued on Page 2)

## Council, police haggle over safety for Stroll

By STEPHEN BUEL

LBANY — Confused by a letter from Police Chief James A. Simmons regarding the closure of Solano Avenue for the upcoming Solano Stroll, the City Council has asked Simmons to provide more information about how he intends to police the popular street fair.

Specifically, the council again has directed Simmons to provide an estimated cost for policing the event, which is planned for the afternoon of Sept. 19.

The council made a similar request of Simmons last week. At that time, council members put a \$1,000 maximum on the amount of money that could be spent by police to enforce closure of Solano from the Berkeley border to San Pablo Avenue. Sponsors of the Stroll predict as many as 10,000 people will be on hand for the event.

"In our letter to Chief Simmons we asked for an estimate of what the cost of policing the event would be," said

council member Edward McManus.

"He did not do that."

Last week, Simmons also was directed by the council to order the city's police reserve officers to assist with the street closure. They were to be supplemented with as many regular duty officers as the chief felt were necessary, subject to the \$1,000 limit on expenditures.

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reserve to serve as a paid detail. A similar practice was followed for last year's Stroll, he wrote.

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Officers from the regular shift will not be specifically assigned to the affair, as the council had requested, but

Simmons wrote that they will be available in the case of emergencies.

"I was very surprised to read that the voluntary reserves were being asked to appear as a paid detail," said Mayor Ruth Ganong. "It was my un-

derstanding that they were not paid."

The entire council seemed to share the mayor's viewpoint, and so it also asked the chief to explain his department's policy for employing members of the police reserve.

"As I understand it, from time to time the reserves have come out in the past and closed Solano," said McManus. "It has always been my understanding that that was a voluntary duty. Why are we setting up a sort of dichotomy that it's going to be free for one sort of event and paid for another sort?"

Regardless of whether police reserve officers are normally paid or unpaid, Mayor Ganong said she thought the reserves should first be asked to appear on a volunteer basis.

One member of the audience said she was concerned that Chief Simmons wrote that he would "request" assistance from the reserves, while last week the council asked him to

(Continued on Page 9)

# El Cerrito's budget woes

(Continued from Page 1)

and a contingency budget plan, which addresses the state's removal of vehicle-in-lieu fees. Expenditure cuts reluctantly approved by Council include the elimination of six full-time positions and a number of part-time positions, elimination or reduction of a number of programs and services, and severe cutbacks in materials and supplies in all departments. The most severe cutbacks are as follows:

1. Elimination of full-time positions, including a police lieutenant, carpenter, housing and building inspector, community services assistant director, rehabilitation supervisor (E.C.Ology) and a police clerk.

2. Part-time positions in community services, senior services, and parks and street maintenance have either been eliminated or substantially reduced.

3. The tree trimming program has not been funded, which will mean abutting property owners must assume that responsibility; parks and street maintenance activities will be reduced; and building facilities maintenance and inspectional services will be lessened, etc.

During Council's deliberation on the final budget, a number of residents formed a Citizens' Tax Override Committee for the purpose of developing a ballot measure for this November's general election. The measure can provide the means to produce sufficient revenue for the city to maintain or restore city services and programs at the 1981-82 level which existed prior to the cutbacks in this final budget.

The Citizens' Tax Override Group has developed a ballot measure which would provide a maximum of \$560,000 to fund "people-oriented" municipal services, includ-

ing police services, fire services, street lights, parks and street maintenance, children's services, and senior services. As presently suggested by the citizens' group, owners of improved residential properties would be assessed a maximum of \$68.85 annually. The annual amount of the tax levy could be adjusted by changes in the Consumer Price Index, but annual increases are limited to \$3 per parcel. The tax assessment would then "sunset" or terminate in four years. Because of existing law, the funds would not be realized until mid-fiscal year 1983-84. Council recently took formal action to place the recommended measure on the November ballot.

An article in the El Cerrito News and Views, the City's recreation brochure, incorrectly reported the tax levy at \$75 per improved parcel. That was written at a time when the citizens' group had not finalized a recommendation for the City Council.

El Cerrito has never been a wealthy community, being mostly residential with a small commercial base. The passage of Proposition 13 very negatively affected reve-

nues, and it has required program and service cuts as well as employee layoffs. Very creative measures have been developed since 1978 that have lessened the impact of Prop. 13 and preserved the quality of service to the community. The recent reductions, and particularly those expected next year, will seriously reduce the amount, level, and quality of services available to residents.

Funding from this override tax measure will serve many needed and popular programs in El Cerrito. The City Council anxiously awaits the results of this ballot proposition. Of course, if it is passed, Council must unfortunately face the prospect of even more severe and very noticeable cuts in its principal program in anticipation of the likelihood that state will remove all subvention reserves. The Tax Override Group is presently developing the measure in the community in order to maintain needed services and preclude additional cuts created by more expected revenue shortfalls.

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FRYER BREAST	WHOLE LEGS	L.B. <b>1.09</b>	FRYER WINGS	89¢	FRYER DRUMSTICKS	L.B. <b>1.09</b>

EXTRA LEAN HAM	BAR-S HOMELESS WATER ADDED	L.B. <b>2.69</b>	BAR-S BIGGIE FRANKS	L.B. <b>1.29</b>
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# Why China's older women are a national resource

## A summer tour is planned

By PENELOPE KRAMER

**ALBANY** — An American tour leader thinks that the Chinese value their older female citizens more than Americans do.

According to Mona Reeva, a 46-year-old social worker who will lead a tour of next summer focusing on the role of women in Chinese society, retired women play a key role in Chinese life.

Reeva will be presenting a slide show "A View of China" about her 1981 tour on Saturday, Sept. 11 at 2 p.m. at Albany Senior Center, 846 Masonic

Reeva cited as an example the many women who work as head of apartment complexes, functioning as "social workers, psychiatrist, mediator, facilitator, all purpose family head."

When a couple is having problems, she brings them together, and when a needs day care, she takes care of it, she said.

In contrast, she said, "there's no place for the older woman."

"Because we don't have extended families any more," Reeva said, "there's no role for the older woman to be a teacher or advice-giver."

In China they have a way of including everyone, because they work toward the good of the whole. Everybody is given a place where we have enormous numbers of people who are sitting at home with no families. They're isolated.

They have no sense of feeling needed, being important, of feeling a valued part of this society — and that's the most important part of making a person feel alive again.

Reeva said this was the "fallout from an industrialized, technological nation where you have mobility and scattered families."

When you have whole groups of people who do not feel valued in the society," she said, "you have a depressed and dead group."

In a country like China you have the family system," Reeva said, much public policy is out of an attempt to accommodate population explosion. Fifty percent of the billion people are under the age of 25 and 65 percent are younger than

50, Reeva said, women must at 30 and men at 55 "to make room for an incredibly young work force."

She said, will go into the market and oversee the "free market econ-

omy is made up of young people who have graduated from school selling vegetables or clothing on the street while they're waiting for the government to assign them to jobs. They often wait up to two years before a job is available, Reeva said.

These young people were wandering around and getting into trouble," Reeva said. "The way to deal with it was to encourage the free market economy."

Older men oversee the sales to make sure that one is cheating, she said. There is no government program (to exclude) as we know it."

According to Reeva, once these young enter the job system, that's where they stay during their working years. And the mobility we have here.

Whatever their ability is," she said.

bazaar set

church

**MERITITO** — Sycamore Congregational U.C.C. will hold a bazaar, featuring foods such as teriyaki, salmon, and manju.

There will also be ham-

burgers, as well as salads, plants, games,

and more.

The bazaar is Sept. 12

from 10 a.m. to 6 p.m. at the

1111 Nauvelier St.,

Montgomery St.,

## Vista course set on process of aging

Vista College offers a tuition-free independent study course called "Older and Growing."

Students read a series of articles on the physical, psychological, and emotional aspects of aging, supplemented by four class meetings.

Susan Newman, a licensed clinical social worker, will be available one evening a week for individual conferences with students. The course has been approved for 12 hours of continuing education credit for nurses. Two units of college credit may be earned.

Students may attend either of two orientation sessions on Saturday, Sept. 11: 9 a.m. to noon at Laney College Theatre, 9th and Fallon in Oakland; or 1:30-3:30 p.m. at Albany High School, 603 Key Route Blvd., Albany.

For further information, call Beth Hackenbruch at Vista College, 841-8431 or leave a message at \$40-8132.

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## GGF MOVE

(Continued from Page 1)

Ganong said a move in 1983 would be disastrous for her city's budget. But she added, "I have always felt they will stay to the end of their contract. And I still hope they will. We won't plenty of notice."

The effort to move the track to Hayward is being pressed by a group of East Bay developers, Shoreline Associates. In addition to Golden Gate Fields, the group is trying to

lure it to its 705-acre Hayward location Bay Meadows Race Track from San Mateo and Marine World/Africa USA from Redwood City.

Marine World has been looking for a new location for some time. Its present landlord wants to construct office buildings at its present site.

Bay Meadows, unlike Golden Gate Fields which leases the race track property from Santa Fe, owns the land it occupies in San Mateo, but

could probably sell the sum in excess of \$100 million.

Sources close to racing say the move by Bay Meadows is more than any shift by GGF.

The Bay Meadows has been under pressure to render its valuable property for commercial development.

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BEST FOR LESS AT GALVIN

# Pot luck with Olga Bier

## Answers and more answers



Having literally devoured the generous slab of salmon presented to me by my good neighbor who just returned from fishing in Northern Pacific and Alaskan waters, I again am forced to proclaim that the smoked salmon just has to be one of the gods' own foods.

This wonderful gastronomical experience coincides with a question from Samuel D. who writes:

would like to have a recipe for making lox. I am using salmon called gravlax. How long do I keep it in the brine and how long can I keep it in the refrigerator?

Dear Sam,  
Lox, as fellow frequenters of kosher delis know, is smoked salmon. Unless you have a smoke barrel set-up, you really can't do it yourself. However, gravlax, which is salmon preserved in brine, is not at all hard to make and is really delicious.

To answer your questions, gravlax should be held at least 48 hours in the brine and then can be held from 2 weeks to several months depending on your methods of storing. Read on and enjoy.

Cheers, Olga B.

### Scandinavian treat

Gravlax is Scandinavia, according to the Time-Life book on Scandinavian cooking. It is basic to the food and beverage. My friend Norma M. sends a recipe for Gravlax. It is a staple in her larder. And it couldn't be simpler. It is almost identical to the way Ken Wolfe's students make it in Contra Costa College's Culinary Arts program. The only amendment I have found from the Time-Life book is the addition of crushed white pepper. Here's a combination of these recipes:

### Gravlax

2 lbs. fresh salmon  
1 T. salt (Ken uses curing salt, but regular salt will do)  
2 T. sugar  
dill weed (fresh if possible)

Cut off the head and tail and slice the salmon in half lengthwise. Remove the center bone but do not skin.

Lay half the salmon, skin side down in a glass baking dish. Rub the cut side flesh with a mixture of the salt, sugar, and crushed peppercorns, if you wish.

### Enrollment set at RUSD schools

Parents of children who will be attending elementary schools of the Richmond Unified School District for the first time in September and who did not register them during the spring semester, are urged to register them by Friday, Sept. 3.

Elementary schools in Richmond, El Cerrito, Kenwood, San Pablo, El Sobrante and Pinole will be open 8 a.m. to noon, and from 1 to 3:30 p.m. for registration.

Junior and senior high schools will be open for enrollment of students new to the district Monday through Sept. 5 to 4 p.m. For an accurate check regarding the school at which youngsters should enroll, call 234-4845.

State law requires that a child entering kindergarten be at least 4 years 9 months of age by Sept. 1, and first grade enrollees must be at least 5 years 9 months on the same date.

Parents should bring their child's birth certificate as of age when registering. They are also required to show their child's current immunization record at school registration.

For a birth record of a child born in Contra Costa, parents may write to the County Records, Hall of Records, Martinez, giving the child's name, birth date and name and address of the person to whom the information is to be sent.

For children born in other counties of California, parents who need this information are asked to write the Vital Records Section, State Department of Public Health, 631 J St., Sacramento 95814 giving the same information and an explanation that the copy is to be used for school registration.

### Walker's Pic Shop & Restaurant

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Celebrating 78 unbeatable years of happy food & service  
Fantastic Full-Course Dinner Only 7.95  
Served 5 p.m.

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Place the washed and dried fresh dill sprigs over the top (dried dill weed if you must) and top with the other half of the salmon whose cut surface has also been rubbed with the salt mixture. This should make a sort of dill weed "sandwich" with the cut salmon sides together, skin sides on top and bottom.

Cover with foil or plastic wrap and weight the top with a plate or tray or board held down with several cans from your pantry.

Be sure it is tightly sealed and refrigerate 48 hours, opening to baste and turn each day.

To serve, remove from marinade, scrape off the seasonings, and pat dry. Slice thinly on a diagonal. This will keep in the refrigerator for several weeks if well wrapped.

Norma keeps hers refrigerated in chunks placed in small jars filled with olive oil. Ken, however, has a super method. He vacuum packs serving sizes which, when refrigerated, will keep for months. He has a machine called a Vacuum-Fresh which allows him to vacuum pack the gravlox (and all other kinds of meats, fruits, vegetables, etc.) right in his own kitchen. Foods packed this way can be held for months in the refrigerator or frozen for much longer without any loss in flavor or food value. (If you want to know more about this wonderful kitchen appliance, write him for information at P.O. Box 456, Lafayette, CA 94549.)

### The traditional sauce

This mustard sauce is the traditional accompaniment to gravlax and is also easy to make. So let's be authentic all the way.

### Gravlaxas

1/2 c. Dijon or dark, seasoned mustard  
2 t. dry mustard  
3 T. sugar  
1/4 c. white vinegar  
2/3 c. vegetable oil  
2/3 c. chopped fresh dill

Combine mustards, sugar, and vinegar in a small deep bowl. Using a wire whisk, slowly beat in the oil until forms an emulsion (like mayonnaise). Stir in the dill and salt if needed. Refrigerate in a covered jar and shake or re-whisk to serve. It's great for all cold seafoods.

### Questions and more questions

Ruth D. asks:

I have liked to use wine in cooking... Does the carbohydrate change so it can be used by a diabetic?

Dear Ruth,

In referring to the Diabetic Manual by Joslin, the venerable old diabetes master states, "alcohol does not contain carbohydrate, but the oxidation of 1 gram in the body gives rise to 7 calories."

We all know that wine contains sugar which is a carbohydrate and therefore bears calories. When wine is used in cooking and the alcohol evaporates, what is left might possibly be considered as a fruit exchange. Wine adds very little food value.

Whether or not you use it should be your doctor's decision. However, most doctors consider cooking with wine acceptable on most restricted diets.

Dry red wine has less than 70 calories and under 1 gram of carbohydrate; the same amount of sherry has less than 5 grams of carbohydrate without cooking. But do talk this over with your doctor.

Cheers, Olga B.

Edith M. writes:

(Continued on Page 7)

### You'll love the new braces, but you may not see them.

Like everything else, orthodontics has come a long way in the last ten years. Braces are easier to install, easier to adjust, and much easier to wear. Some braces can be fitted so they are "invisible" to the people around you.

Straight teeth mean fewer cavities when young and much lower risk of losing your teeth to gum disease as an adult. The fact that straight teeth are appealing is sugar-free frosting on the sugar-free cake.

Ask your dentist about the improved braces. Orthodontic problems intercepted early are easier to correct.

Charles Gillooly, DDS

Orthodontics for Children and Adults  
Treatment of jaw-joint-related pain  
128 Plaza Professional Building, El Cerrito  
524-6302

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GILBEY'S VODKA  
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**\$4.69**

KORBEL BRANDY  
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**\$7.29**

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JAY VEE VODKA \$7.99  
1.75 Liter

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6 Pak—12-oz. Cans  
**\$1.39**

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2 Liter

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# Senior centers

## ALBANY

The center is at 846 Masonic Ave., 644-8500. Hours: Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday, noon-4 p.m.

### SPECIAL EVENTS

New classes start Tuesday, Sept. 7. See details below.

Everyone is invited to help plan center trips for 1983. Attend travel presentation at the center on Wednesday, Sept. 1, 1:30 p.m. Refreshments. For additional information, call Myriam Heath, 525-1968.

Membership meeting Thursday, Sept. 2, 12:30 p.m.

"A View of China," educational travelogue by Mona Reeva. She will discuss the history, people and culture of the People's Republic of China, Saturday, Sept. 11 at 2 p.m.

Podiatry screening (foot exams) and consultation (no treatment), Tuesday, Sept. 14, at 8:45 a.m. Free.

Legal assistance for Alameda County residents by appointment, Wednesday, Sept. 15, 10 a.m.

Legal counseling, a free service for Albany residents of all ages. Drop-in clinic will be held at the center every Wednesday night from 7 to 9 p.m. starting Sept. 15.

Would you like to walk, but don't want to walk alone? Join the group on Thursday at 10 a.m.

Acupuncture massage available by appointment Tuesday mornings at special senior rates: \$10 for one hour, \$6 for one-half hour, 9 a.m. to noon.

### Transportation

Call at least one day in advance for reservations for senior van shopping trips. Wednesday mornings: El Cerrito Plaza.

Friday mornings: Solano Avenue. Requested donation, 50 cents per round trip. Albany residents only.

New taxi scrip available to Albany residents over age 60. Price from \$4-10, depending on annual income. Apply Tuesdays, Thursdays and Saturdays, 10 a.m. to 2 p.m. Persons in wheelchairs may purchase special transportation vouchers.

### Classes/Groups

Monday: Across the Generations, 9 a.m.; painting and color workshop, 9 a.m.; writing group, 10 a.m.

Tuesday: creative widowhood, 10 a.m.; English as a Second Language, 1 p.m. folk & square dancing basics, all levels 1 p.m.

Wednesday: Work & life, 10 a.m.; current events, 10 a.m.; drama through the eyes of Shakespeare, 1 p.m.; Tai Chi II, 1:30 p.m. Arthritis self-management, 10 a.m.

Thursday: group walking, 10-11 a.m.

Friday: chess group, 10 a.m.; community service, 10 a.m.

Saturday: Modernism in the arts, 10 a.m.

### Social Security

Field representative at the center the first and third Friday of the month at 3 p.m. to answer questions about Social Security, SSI and Medicare.

### Continuing Events

Barber service, Thursday, 9 a.m. to noon. Donation requested.

Bingo, Thursday and Saturday, 10:30 a.m.; Singalong, Thursday, 11:30 a.m.; Bridge, Friday, noon to 3 p.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group, Friday at 10 a.m.

Senior prom, ballroom dance, Saturdays from 7:30 to 11 p.m. Donation, \$2.00 (includes refreshments).

### Meals on Wheels

Home delivered meals are available for Albany residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-salt and diabetic meals are available. \$12.50 per week.

To order, please call the center at 644-8500 one week in advance. Coordinator Velma Grasso will make all arrangements.

### Bus Tours

Trips are sponsored by Albany Park and Recreation Dept. Make reservations with Myriam Heath, Tuesday at 1 p.m. and Thursday at 10 a.m. at center. Sept. 14-25, World's Fair 1982, \$1,265 per person double or twin occupancy, \$1,500 per person single occupancy. Oct. 8, evening at Pollardville, \$22.50. Oct. 18 and 19, San Simeon, \$84.50 per person double or twin occupancy, \$111.50 per person, single occupancy. All trips depart Memorial

### Park

The nutrition site meal is served at 4 p.m. Reservations are required. The suggested minimum is \$1 plus 50 cents for seniors, \$3.50 for persons age 60. Monthly menus are available.

### EL CERRITO

#### Open House

Located at 6500 Stockton Ave., behind the S26-0124. Drop-in lounge open weekdays from 1 p.m. Lunch daily at noon.

### Classes

Monday: 9 a.m., dance class; 10 a.m., p.m.; bridge; 2-4 p.m., bereavement group; 12:30 p.m., art class; fun night (second Monday of every month).

Tuesday: 9:30 and 10:15 a.m., fitness exercise; 10:30 a.m., needlework; 12:30 p.m., p.m., whist.

Wednesday: 9 a.m., piano music lessons; 16, information and referral.

Friday: 9:30 a.m., fitness; 1 p.m., grocery shopping.

### Special Events

Self-hypnosis, Sept. 13, 20 and 27, 7:30 p.m. History of Contra Costa County, Sept. 11:30 a.m.

Cooking for Men Only, Sept. 8 and 22, 1 p.m. Retirees support group, Sept. 15, 22, 29 a.m.

Public health nurse, Sept. 22, noon.

Social Security, Sept. 17, 12:15 p.m.

### Christ Latheran

Mondays, 9 a.m.-2 p.m. at 780 Adelby Street.

Craft classes (pressed flower stationery, jewelry, weaving) are taught in the morning, 1 p.m. Afternoon program of information, specialty singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond Unified School Adult Education program.

### St. John's Center

For El Cerrito residents 60 or over. Meets in Building, 6510 Gilroy St., Tuesdays, from 10:30 a.m. Phone Tuesday only, 234-2797 or center Gans at 529-1114.

The Center is part of the Richmond Unified Adult Education program. 9 a.m., crafts 10 a.m. nurse for blood pressure check; 10:30, water exercise swim. Noon, free lunch. 12:30, lectures. Afternoon group has community singing, sitdown exercises dancing until 2 p.m.

(Continued on Page 7)

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4 1/4" x 4 1/4", 6" x 6"  
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REG. \$34 - \$74

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12" x 12"  
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**SAVE 40-78%  
ON FLAT & GLOSSY  
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ACRYLIC OR LATEX PAINT  
\* IDEAL FOR WALLS & CEILINGS  
\* FLOWS ON SMOOTHLY & DRIES FAST  
REG. \$4.49 - \$12.49

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**SAVE 77-83% OH**  
FAMOUS BRANDS OF PRE-PASTED  
**WALLCOVERINGS**

\* GLAMOROUS COLORS &  
DESIGNS  
\* PRE-PASTED TO MAKE  
HANGING A SMOOTH  
AND EASY JOB!

**THIS WEEK ONLY! 69¢**  
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ILLUSTRATED INSTRUCTION  
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WE'LL CHEERFULLY REFUND YOUR MONEY ON  
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CANADIAN WHISKY 1.75 LITERS

**TUBORG BEER \$1.99**  
6 PAK

**PIC 'N PAC WHISKEY \$2.99**  
FIFTH

**KORBEL BRAND \$5.99**  
FIFTH

**SEAGRAM'S 7-CROWN \$10.99**  
BLENDED 1-LITER

**SMIRNOFF VODKA \$10.99**  
1.75 LITERS

**PEPSI-COLA \$1.00**  
REG. LIGHT OR DARK  
12-OZ. CANS 6 PACK

**LIQUEURS  
TIA MARIA \$9.99**  
FIFTH

**VENETIAN CREAM \$9.99**  
FIFTH

**BUD or COORS \$2.25**  
6 PACK 12-OZ. CANS EACH

**Laura Scudder's POTATO CHIPS 99¢**  
Twin Pak

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# Pot luck

(Continued from Page 5)

you know of a zucchini relish?

Edith,  
This is the season! Zucchini abound so try this recipe  
a saucy, crisp and tart relish to accompany meats or  
dishes.

Cheers, Olga B.

## Zucchini Relish

About 18 - 20 medium zucchini  
1 yellow onion  
water  
1/2 c. salt  
Process zucchini or chop fine. Cover with water in a 6  
pan and stir in the salt. Cover and refrigerate over-

Drain and rinse thoroughly. Then add  
2 c. white wine vinegar  
1 c. sugar  
1 t. dry mustard  
2 t. celery seed  
1/2 t. cinnamon  
1/2 t. nutmeg  
1/2 t. pepper  
8 oz. sliced pimientos, drained

Bring to a boil, stirring constantly. Reduce heat and  
simmer. This mixture can be frozen or canned in the con-  
ventional hot pack method.

### Next week

I've been doing some interesting research in cooking  
rabbits in response to a reader's question. There are many  
marvelous ways to prepare this old country dish so stand  
by.

## Briefs

### Folk dance class starts

Pauline and Vance Te-  
ague of Albany, veteran  
members of Berkeley Folk  
Dancers, will teach a new  
beginner class which will  
meet on Wednesdays, 8-10  
p.m. at Hinkel Clubhouse  
in Berkeley, starting  
Sept. 8.  
Call 525-0415 or 527-  
4411 for information.

### Class set on journal writing

San Jose College is offering  
a class on journal writing  
to help cope with  
the life cycle. Taught by Susan New-  
man, M.S.W., of Albany, the class includes discus-  
sions on theories of man development,  
written exercises. Students are encouraged to  
work with a variety of journal keeping tech-  
niques.

Cycle: Stages of  
Life will meet on  
Aug. 29, beginning at  
9:30-11:30 a.m. at  
Magdalene Church,  
100 Hall, 2005 Berry-  
essa Boulevard. A second  
class will meet on Thurs-  
days beginning Sept. 9 from  
10:30 a.m. at Piedmont  
High School, 110 41st st., Oak-  
land. For further information  
about the tuition-free class  
call 525-4411.

Class set on  
parent aid

Stress Service of  
San Jose is offering  
a volunteer training  
course seven days begin-  
ning Aug. 9, Tuesdays and  
Thursdays from 9 a.m. to  
12:30 p.m.

Volunteers will learn  
about child abuse, tele-  
therapy, skills, child de-  
velopment and related  
topics.

For more information  
about Stress Service  
program, call 893-  
1234.

Audition  
for chorus

Berkeley Chorus  
Company, directed by  
John Khuner, has  
auditions in all voice parts  
from 1982-83 concert  
season.

Call 652-3287  
for further information  
about auditions, which  
begin Tuesday, Sept. 7.

LET'S TALK IT OVER  
with  
Dad Haugen

We outgoing our resi-  
dence as children out-  
grow their home. As the size  
of changes, the home  
is too small for mom,  
so several active chil-  
dren are too large for just mom  
and dad. The children  
move away into homes  
of their own.

The needs of the  
house and the house  
people are reluctant  
to leave the home and find  
new homes and find  
what has increased  
what they leave the tax  
on the home. The tax  
on the home that no tax need  
be paid on the proceeds from  
the sale of the home.

How can you  
possibly pay a tax on  
your home? You can't  
pay a tax on your home  
unless you can "talk  
to it".

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# Senior centers

(Continued from Page 6)

### Community Center

Monday, 6-9 p.m., at El Cerrito Community Center,  
7007 Moeser Lane. Program: first week, business and  
bingo; second week, cards and games; third week, pot-  
luck; fourth week, cards and games. If there is a fifth  
week, special programs.

For information call 525-6747.

### Senior Citizens Club

Meets Thursday, 5-9 p.m. at St. John's Catacombs  
Hall, Gladys and Lexington Streets.

First Thursday of the month: business and cards; sec-  
ond, bingo; third, birthday observances; fourth, potluck  
and cards; fifth, special programs. For information: 526-  
7462.

### Sakura-Kai Center

For Japanese-speaking senior citizens, first and third  
Saturdays, 1-3 p.m. at 6510 Stockton St. Arts, crafts, ex-

ercises, ceramics, "Shigin" (poetry singing) and Social Se-  
curity available. For information: William Waki, 525-  
7086.

### KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 p.m. at 52  
Arlington Ave. Morning meditation. Workshops in crafts,  
table games and bridge. Special programs after lunch:  
singing, bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food item or  
pay \$1.50. For the rest of the month, lunch of sandwich,  
cake and coffee is \$7.50.

### EAST BAY

#### North Berkeley Center

1901 Hearst St., Berkeley, 544-6107. Open weekdays,  
8 a.m. to 4:30 p.m.; gift shop opens at 10.

Classes in sewing, arthritis exercise, walking, singing,  
foreign languages, math, chess, senior theater, dancing  
and current events.

## WANTED!

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You'll find them both at the Liquor Barn plus much, much more. During  
our Second Big Week of Western Days Savings, come on down to the  
Liquor Barn and Stock up for the Long Labor day weekend.

Your Local Liquor Barn will be open  
this Labor Day.

# Liquor Barn

## Labor Day Western Extravaganza

### Cognac & Brandy

Bisquit V.S.O.P.	750 ml	\$14.98
Remy Martin V.S.	750 ml	\$14.59
Courvoisier V.S.	750 ml	\$14.55
Marc Roger French Brandy	1.75 Liter	\$12.98
Korbel Brandy	1.75 Liter	\$12.98
E & J Brandy	Liter	\$7.77

### Rum & Tequila

Bacardi Silver or Amber	1.75 Liter	\$9.98
Myers Planter's Punch	1.75 Liter	\$18.98
Ron Rico 151 Proof	750 ml	\$8.49
Ypioca Brazilian Rum Light or Dark	Liter	\$13.98
Jose Cuervo White	Liter	\$7.99
Sauza Gold	Liter	\$8.99
Gusano Rojo "With the Worm"	750 ml	\$11.48
Senorita White or Gold	1.75 Liter	\$9.39

### Bourbon & Blends

Ancient Age	1.75 Liter	\$10.59
Ten High	1.75 Liter	\$9.98
Yellowstone	1.75 Liter	\$9.98
Old Crow	1.75 Liter	\$8.98
Seagram's 7 Blended	1.75 Liter	\$11.98
Kessler Blended Whiskey	1.75 Liter	\$9.98
Coldbrook Blended Whiskey	1.75 Liter	\$8.28

### Scotch

Chivas Regal 12 Year Old	750 ml	\$13.99
J & B Scotch Bottled in Scotland 80 Proof	Liter	\$13.99
Hedges & Butler Old Smuggler	1.75 Liter	\$13.98
Peter Dawson Dunliver	86 Proof	1.75 Liter
	750 ml	\$10.98
	1.75 Liter	\$7.69
	1.75 Liter	\$9.98

### Vodka

Smirnoff	1.75 Liter	\$9.98
Gordon's	Liter	\$13.35
Wolfschmidt	1.75 Liter	\$8.88
Gilbey's Vodka	Liter	\$4.59
Kaviana Vodka	1.75 Liter	\$6.57
Rasnov Vodka	70 Proof Diluted	\$6.28
Stolichnaya	80 Proof	\$11.79
Finlandia	100 Proof	750 ml \$11.35

### Canadian & Irish

Seagram's V.O.	750 ml	\$7.98
Canadian Club	750 ml	\$7.98
Windsor Canadian	1.75 Liter	\$10.98
Canadian Hill	1.75 Liter	\$9.28
Bushmills Irish Whiskey	750 ml	\$8.99

### Gin

Tanqueray Imported 94.4 Proof	750 ml	\$9.85
Christie's Gin Imported 94.4 Proof	1.75 Liter	\$14.98
Gordon's Gin 80 Proof	1.75 Liter	\$10.68
Seagram's Gin 80 Proof	1.75 Liter	\$10.78
Gilbey's Gin 80 Proof	Liter	\$5.98
Stanton's Gin 80 Proof	1.75 Liter	\$6.98

### Liqueurs

Galliano	750 ml	\$13.99
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# How exercise helps the blind

(Continued from Page 1)  
 (set of push-ups, sit-ups, leg-raises and isometric all designed to get the muscles aching and the women, the exercise classes put more emphasis on stretching and coordination.)  
 "It's generally a lot of kicking, bending, pulling basically I try to provide a variety of conditioning. In the past we have done different kinds of Square dancing is marvelous for improving their direction and coordination."

"The semesters a few years back, male and female also practiced the fine art of fencing, which was especially good for balance. Biggest challenge is to try and get them enthused again," Rodriguez said. "It gets kind of grueling every day."

"The other challenge is to improve the gait and posture who have been blind since birth. These conditions very often seen in the congenitally poor posture and peculiarities in gait," Russo said. "These people have never had any visual reference the first thing you've got to do is get the student enough to think that posture is a desirable

the program is designed to teach blind people independently, Russo said "we emphasize the value of creating a good impression."

"It is common for the blind to slump and tilt their heads either up or down. In a paper on the subject 'Corrective and Recreational Gym Classes for the Blind' Russo wrote: 'the head tilting often results from the student has, or once had, some light perception of sight in one of his eyes, and is a serious eye on the sidewalk or the sky.'

To correct these tendencies, Russo said exercising the blind muscles is most important.

The best way to have good posture is to tighten the muscles and keep the head straight," Russo said. "They can't see, this is the best way for them to tell if their posture is good."

Instructors must also monitor the exercise rate of patients who also suffer from diabetes, a leading blindness.

A blind diabetic has got to start exercising gradually and then stay active moderately and consistently,"

## ROLL

(Continued from Page 1)

"The officers out." In the letter that the staffing is to be put on a basis," said Carol Walker, secretary of the Solano Avenue Association. "I do hope this materializes us some more." Simmons wrote that "efforts will be made to staff with a minimum of 10 officers." He also said it is important that the police expense not exceed \$1,000. The Solano Avenue Association has agreed to pay for half of the police support toward that end. Walker presented the council check for \$500.

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said Russo, who added that 11 of the 26 residents suffer from the blood-sugar disorder. "Otherwise, there'll be an upset in the insulin activity."

According to Russo, when a diabetic has overextended himself, he will act as if he's drunk. Sometimes he may even lose consciousness, an event which Russo said he has overdone it and slow down."

As much as possible, team activities take place during gym classes. Baseball, for example, is played by having the batter kneel on baseball gloves while a partially-inflated volleyball is rolled towards the plate by someone who can

see. Judging the position of the ball by the sound, the batter swats the ball when it's near enough.

Russo said he frowns upon such technological innovations as "beep baseball," where the ball constantly makes a beeping noise as it flies through the air.

"We're into recreation and exercise, not making spectacles of ourselves," Russo said. "We don't want to play during halftime of the 49ers game. We don't want the

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# Churches

## ALBANY

### St. Alban's Episcopal Church

Wednesdays at 11:30 a.m., the Rev. Warren Debenham conducts a service of Holy Communion and the laying on of hands.

On Sunday, Sept. 5, the Rev. Russ Moore will preach and celebrate the Holy Eucharist at the 8 and 10 a.m. masses. His sermon topic will be "Ephphatha." He will be assisted by Nabil Jacob, lay reader, and Danna Graham, lector. Those wishing to receive the laying on of the hands are directed to go to the back of the church after communion. Acolytes will be Karen Zapata, Cindy Groom and Bethany Rolson.

The senior choir, under the direction of Rita Dows, will sing the offertory anthem "Upon the Rock of Faith." Ushers are George Coons and James Lamb. A coffee hour follows the 10 a.m. service, with Stan and Florence Gardner hosting.

Fall church school will start at 10 a.m. in the parish hall. Nursery care is provided.

The church is located at 1501 Washington Ave., Albany.

## Word of Faith Church

Word of Faith Church, located at 1206 Lincoln Ave. in Alameda, has home Bible Study for the Albany-El Cerrito area. Everyone is welcome.

Study group meets Monday nights in Albany. For information call Martha Beckhusen, 526-8512 or Pastor Hal Tomlinson, 523-4754.

## EL CERRITO

### Bay Area Seventh Day Baptist Church

The church and its pastor, the Rev. Stephan Saunders, invite the public to attend services every Saturday in the chapel of the United Methodist church at 6830 Stockton Ave., El Cerrito. Service begins at 10:30 a.m. Sabbath school follows at 11:45.

A potluck lunch is held each week to allow time for fellowship and discussion. All are invited to join the luncheon.

Bible studies are held in several communities weekly. For more information, call 527-2055 or 757-6426.

### El Cerrito United Methodist Church

Sunday worship on Sept. 5 is at 11 a.m., and will be led by the Rev. Philip Lawson. His topic will be "Talking Too Much, Hearing Too Little," from Psalm 146, Isaiah 35:4-7a, James 1:17-27 and Mark 7:31-37. Holy communion will be administered.

Special music will be an organ-piano duet by Becky Zuerner and Mary Jenner.

The church is located at 6830 Stockton Ave., El Cerrito. Phone 525-3500.

## Grace Lutheran Church

On Sunday, Sept. 5 at 9:30 a.m., the Rev. O.R. Janke, pastor emeritus, will speak on "It's Great to be Alive," based on II Corinthians 4:8-12. Holy Communion is administered the second and fourth Sunday of each

month. Sunday school and Bible class follow at 10:30 a.m.

There will be no Board of Elders meeting on Labor Day, Monday, Sept. 6. The meeting will be held on Monday, Sept. 13 at 7:30 p.m.

The church is located at Santa Fe and Ward in El Cerrito and is easily accessible; phone 525-9004 mornings, or 525-1078 afternoons.

## KENSINGTON

### Arlington Community Church

On Sunday, Sept. 5, the Rev. Ken Barnes will speak at the 10 a.m. service. "Now I've Got It" will be his topic, based on Exodus 32:1-10 and John 14:5-11.

Louise Rowland will be the vocal soloist. There will be no Sunday school classes. Children will remain in the sanctuary for the Communion service.

A meditation and healing service is held each Sunday

at 6 p.m. in the chapel. Child care during the service is available on advance request. Call the church office mornings: 526-9146.

Wednesday worship begins at 6:15 p.m. with a potluck supper, followed by a service at 6:45 p.m.

The church is located at 52 Arlington Ave., Kensington.

## First Unitarian Church of Berkeley

At the 11 a.m. service on Sunday, Sept. 5, the Rev. Dr. Richard Boeke will speak on "Reflections on My Father." A special offering for Lebanon will be taken.

A potluck is held at 6:30 p.m. on the first and second Tuesdays of each month. A "Wisdom Tree" discussion of Unitarian Universalism follows the dinner. On Tuesday, Sept. 7, the speaker will be Stan Aronson, who has been serving as interim minister of the Unitarian Church of Toronto, Canada. On Sept. 14, Rev. Boeke will speak.

Adult study courses start in September. Margo Tyndall will lead a course on "Islam"; on Sept. 23 at 7:30 p.m. Rev. Dr. William Lawrence Lecture Committee will meet in the Fireside Room on Tuesday, Oct. 4. The 1982 Lawrence Lecture will be given on Friday evening, Oct. 29, by Dr. William Donnelly will lead a 40-hour Oasis at the end of the Self."

The Oasis Committee has a series of events planned at Green Gulch Zen Center, led by a series of Donna Rolls. The weekend of Oct. 15-16, 1982, will be a 40-hour Oasis at the end of the Self."

An active singles group meets at the

(Continued on Page 11)

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2 Kiltens &amp; Mother Cat.

Free to good home.

232-6131.

4'x10 Window

Free. 223-2388

FREE KITTENS

223-4979

after 4 p.m.

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Completely guaran-

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RECOND Appliances.

Refrig, 40 up. Washers,

dryers \$75 up. All sizes

from 10 up. Room

heated \$90 up. All

terms. JOHN'S

APPLIANCE, 1247-23rd

St, San Pablo, 223-1250.

FOR SALE OR RENT

Large stock of new and

reconditioned appliances.

Commercial washers and

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15% Off With Ad

Over 40 refrigerators to

choose from. Up to

freezers \$149+ stores,

sizes older &amp; late models,

large selection, \$99 &amp; up.

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Appliance, 10281 San

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HOME APPLIANCES

Completely guaran-

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TAYLORS APPLIANCES



Berneice Bede Oso

is Wednesday, Sept. 1; do quite well this coming year in enterprises where you are able to use your talents and artistic abilities. Find the right agent.

**WIRG** (Aug. 23-Sept. 22) You are approaching a relationship today and you feel if you fail to share something you're entitled.

**LIBRA** (Sept. 23-Oct. 23) You today if you're involved with persons as generous as yourself. However, daily a bit if your companions are only a cheater.

**SCORPIO** (Oct. 24-Nov. 22) Your peaks today are more likely to come from others than from those which you yourself. Try not to scatter your shots.

**SATURNUS** (Nov. 23-Dec. 21) You will be denied today if your efforts are not fully successful.

Once you decide to do keep persisting, regardless of the obstacles.

**CAPRICORN** (Dec. 22-Jan. 19) Any type of business arrangement which requires partners if you have any will not go well.

**AQUARIUS** (Jan. 20-Feb. 19) Persons or associates who are not in agreement with your aims today could set you back.

**PISCES** (Feb. 20-March 20) You can accomplish success if you allow yourself adequate time to Where you rush too much, you could

**ARIES** (March 21-April 19) It's possible that today you will be more considerate of casual acquaintances and be of persons with whom you have mutual bonds.

**Taurus** (April 20-May 20) It's essential to look out for your own safety but try not to hurt someone else in the process.

**GEMINI** (May 21-June 20) Your tendencies today to take too many things which should be fun, and to treat them seriously.

**CANCER** (June 21-July 22) You have an awareness of your financial limitations, yet you could yield to extravagant urges and defeat your purpose. Strive to be

**LEO** (July 23-Aug. 22) You will hold you to your word today recommitments to them, so if you say you mean it.

**IMPORTED CARS** 935 DATSUN '80 210; excellent condition. 11,000 miles only. \$4,700. Day 882-1130; even 799-0140.

**Fiat** '76, 128, \$1400. 235-3714.

**Fiat** '79 X19, 5 sp. in Army now must sell. Loaded, 26,000 mi. \$4750. 223-2477.

**Honda** '78, CVCC wgn. 4 spd., exc cond. Reg. gas. am/fm tape. \$3495 best offer. 549-3051.

**Honda** '75 Civic CVCC. Air runs good. \$1700. 223-5309.

**Honda** '79 Civic Hatchback 1500, 5 spd. stereo tape, 10,100 mi. Top cond. \$5400. 524-8472.

**Ford** '78 Celica GT Liftback. Sharp! Loaded! \$5000, best offer. 232-2736; 223-2952.

**Toyota** Corolla Wagon '72. needs body and eng. work. \$200 or best offer. Good for parts. 237-1227.

**Toyota** '74 Corona. \$700. or best offer. 549-3859 after 6 pm.

**Toyota** '74 Corona. 2 dr. 4 sp. 81,000 mi. 40 mpg. 120 cc. Perf cond. \$1950. offer. 233-5517 aft 5 p.m.

**Volvo** '60 544 4 spd. New tires, brakes. Reliable. \$1350. 763-6072; 658-4973.

**VW** '67 Bug. Excel cond. \$175. 841-7694 week-days: 932-7659 evenings.

**Mazda** '72 or parts. New motor. Call Mary 724-7336.

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You can charge your classified advertisement on

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237-1111

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Having a Garage Sale?  
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Get your garage, yard or rummage sale with us for 3 consecutive days. We'll put up 2 FREE Sale Signs to put up around the neighborhood. You will be paid for in advance and signs must be picked up before 10 a.m. Monday-Friday at either our Richmond, Albany or Berkeley offices. For more details call the classified department.

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LINCOLN Premiere '57,

2 dr, all power, runs

great. \$1100.

234-6343 days.

DOMESTIC CARS 950

CAR 70, all power, runs

great. \$900. also Pont '62,

needs ignition, carb.

Best offers. 237-4233.

CARS sell for \$17.95 (average). Also Jeeps, Pickups. Available at local Govt Auctions. For Directory call 805-687-6000, ext 9700. Call refundable.

DOMESTIC CARS 950

PLY '63 Mercury III

Runs good. Clean body

\$550

236-9346

DOMESTIC CARS 950

PLYMOUTH '70 Satelite

Blue, Air, PS, AM

radio, auto. Runs well.

\$600. 655-4140.

DOMESTIC CARS 950

PONT '68 Catalina,

will run, needs work

\$400 or best offer

237-3935

DOMESTIC CARS 950

CHEVY '68 Malibu station-

wagon. 327 V8 eng. 3 spd

on floor clutch. \$400.

235-1252

DOMESTIC CARS 950

CHEVY '76 Chevette; 67,-

000 miles. 2 door, new

battery. Good condition.

\$1600 or offer. 546-1653.

DOMESTIC CARS 950

CHEVY '64 SS

No major dents

\$1000 236-9346

DOMESTIC CARS 950

CHEVY '59 convertible;

motor not complete,

needs paint. \$1500.

233-9575.

DOMESTIC CARS 950

CHEVY '73 Vega, 350 V8;

custom paint. \$400 or

best offer. Day 233-8513

525-0453.

DOMESTIC CARS 950

CHEVY '70 Monte Carlo;

iunk now, could be a

classic! \$550. 223-7860

after 6 p.m.

DOMESTIC CARS 950

DODGE '77 Monaco; 8

cyl. Excit cond.

Auto. New battery &amp; tires. air.

\$2100, offer. 848-6034.

DOMESTIC CARS 950

DODGE '68 Charger.

Built/rebuilt 383 Mag.

auto trans. \$2250.

Receipts. 799-0624.

DOMESTIC CARS 950

FORD '78 Thunderbird.

'73, Good cond.

Vinyl top, all

power.

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FORD '79 T-Bird Herbie.

flawless luxury cpe

Sue/seen, am/fm stereo

luxury group, tilt. cruise,

full power. 14,700 miles.

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Hilltop Shopping Center

Hilltop Dr. Ext., Hwy 80

Richmond.

DOMESTIC CARS 950

FORD '70 Torino

Needs some work

\$1000

724-3267 after 7 p.m.

DOMESTIC CARS 950

FORD '62 T-Bird. Runs

fine, looks good. New

brakes, must see. \$1600

cond. 237-3231 aft 5 p.m.

DOMESTIC CARS 950

MERC '72 sta. wgn. Air.

radio, heater, auto. PS.

Runs good, great mile-

age. \$195. 222-4424.

DOMESTIC CARS 950

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Jeeps? If so, through

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(312) 742-1143, ext. 8002.

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LINCOLN Mark IV, '72

Needs some work, best

offer. 235-8964 Mr. Bush

or Mr. Hall.

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MERC '78 Zephyr

55000 ml. Good cond.

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223-5140

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FORD '64 1/2 Mustang;

needs interior &amp; paint.

Runs good, \$2500 or best

offer. 223-5726.

DOMESTIC CARS 950

OLDS '66 Cutlass 4 dr

Hdtp. 1 owner. Only 62,-

000 mi. Perf. running

cond. \$1000. 524-6065.

DOMESTIC CARS 950

OLDS '71 Vista Cruiser.

Must sell for parts.

230-5200.

DOMESTIC CARS 950

OLDS '81 Cutlass Supreme;

V-6, PS, PB,

good tires, air. \$5500.

offer. 2480 Market, Apt.

14, SP.

DOMESTIC CARS 950

72 Monte Carlo. '77 en-

gine, new brakes, ex-

haust, tune-up, battery,

etc. Excellent mechani-

cal condition. Try it!

you, it runs great.

'70 Ford Elite. New valve

job, tune-up, top mechani-

cal condition. Not new—just like it!

'67 Plymouth Barracude

4 cyl. 1980 mi. 3.3 V-6

motor, good cond.

Runs good, regular gas.

'70 T-Bird. All Power.

Excellent motor, tire &amp;

brakes, tune-up, runs good, custom

wheels &amp; tires.

'71 Camaro. Front end

damaged. \$800 after 11pm.

'69 Pontiac Conv't. Ex-

change engine, new

tune-up, almost restor-

\$700, best offer.

'73 El Dorado. Will clear

lien sale in 30 days.

\$800.

'75 VW Rabbit.

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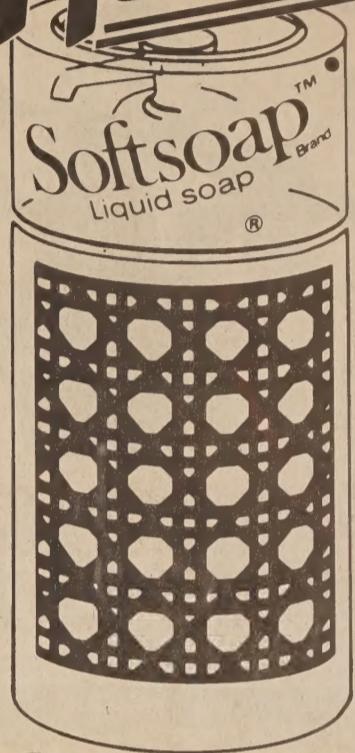
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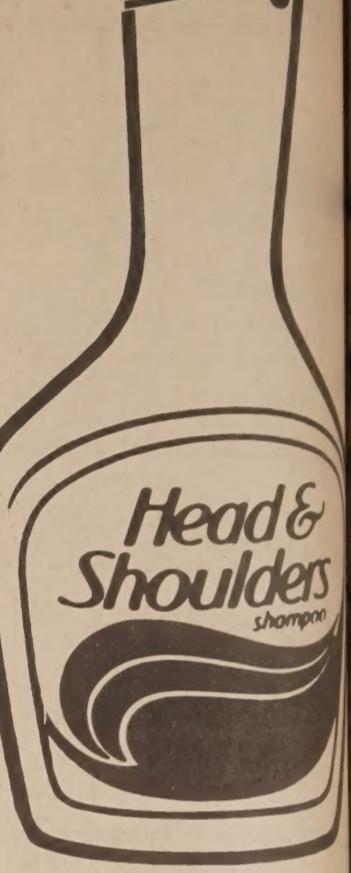
**333**

**4 Oz. Oil of Olay**

The beauty fluid of women around the world. Replenishes the moisture your skin thirsts for.

**2 FOR \$3**

**7 Oz. Head and Shoulders**  
Medicated shampoo for problem dandruff. Be embarrassed by flakes! Get Head & Shoulders.





**197** **Blooming Colors Eye Shadow**

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**Tampax 40's Reg. or Super**

Safe comfortable and easy to use. Hygienic sanitary protection.



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Maximum strength diet capsules to help you lose the weight you want.



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The night time pain reliever. Analgesic/sleeping aid.

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Builds, thickens, colors and curls. Contains protein for longer lashes.



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For the protection you need. Choose from regular or unscented.



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6 disposable razors. Gentle on your skin.



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For fluffy bouncy hair. What's easy to wash. Leaves your hair clean.



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